



Satyam College of Education, Noida

Affiliated to SNDT Women's University, Mumbai

Brochure

Value Added Course
and Self Study course
(2020-2021)

Value Added Course -1

Let's Connect: Improve Your Communication and Personality

COURSE OUTLAY

S.NO	MODULE	HOURS
1	MODULE I	7
2	MODULE I	6
3	MODULE I	6
4	MODULE I	6
5	MODULE I	4
6	FINAL ASSESSMENT	1

Module 1: Meaning & Need Of Communication Skills

Lesson 1: Objectives, meaning and need of communication skills (1 hour)

Lesson 2: Need of communication skills for teachers (1 hour)

Lesson 3: Aspects of Communication skills (1 Hour)

Lesson 4: Activities for Improving Communication (2 Hours)

Lesson 5: Communication and Personality (1 Hour)

Quiz (1 hour)

MODULE 2: LISTENING – BASIC SKILL FOR COMMUNICATION

Lesson 1: Meaning and need of Listening skill (1 hour)

Lesson 2: Listening different from hearing (1 hour)

Lesson 3: Listening activities for teachers (1 hour)

Lesson 4: Use of listening games in the class (1 hour)

Lesson 5: Preparation of Listening game (1 hour)

Quiz (1 hour)

MODULE 3: SPEAKING AND SOFT SKILLS

Lesson 1: Development of speaking skill (1 hour)

Lesson 2: Activities to enhance speaking skill of teachers and students (1 hour)

Lesson 3: Type of Speaking (1 hour)

Lesson 4: Soft Skills (1 hour)

Lesson 5: Presentation skills (1 hour)

Quiz (1 hour)

MODULE 4: TYPES OF COMMUNICATION

Lesson 1: Informal Communication (1 hour)

Lesson 2: Formal Communication (1 hour)

Lesson 3: 7 Cs of Communication (1 hour)

Lesson 4: Communication for teachers (1 hour)

Lesson 5: Assignment (1 hour)

Quiz (1 hour)

MODULE 5: WRITTEN COMMUNICATION & PERSONALITY DEVELOPMENT

Lesson 1: Formal and Informal Writing (1 hour)

Lesson 2: Writing Emails, Blogs, Notices, Reports (1 hour)

Lesson 4: Personality Development (1 hour)

Lesson 5: Activities for personality Grooming (1 hour)

Final Assessment quiz (1 hour)

Value Added Course -2

BLUEPRINT

Organizational Skills Development Course Enhance Employability Skills

Objectives of the Course

Duration : 30 Hrs

- 1) Enhance Teaching Aptitude
- 2) Prepare for Real Situation
- 3) Enhance Understanding of work
- 4) Enhance Management Skills

Sl. No.	Mode Of delivery	Quantity	Duration
1	Lectures	12	12 hrs.
2	Formative Evaluataion (Assignments given)	2 Assignments and one quiz were taken	05 hrs.
3	E- content and material provided	Various material related to content covered in	08 hrs.
4	Revision of whole materials		04hrs.
5	Summative Evaluaation and Feedback of the course.	Evaluation questionnaire and	01hr.

Self Study Course

Bio-train your brain's Health

Total Hours-32hrs Module 1 (5 hours)

- Nutrition and the Brain
- What Happens When We diet
- The Myth About Supplements
- session with Dietician(video)

Readings -

<https://examine.com/nutrition/awful-nutrition-myths/>

<https://www.theatlantic.com/health/archive/2013/07/the-vitamin-myth-why-we-think-we-need-supplements/277947/>

<https://www.self.com/story/what-happens-to-your-body-when-you-skip-meals>

<https://www.news-medical.net/health/What-Happens-to-the-Body-When-we-Diet.aspx>

Module 2 (4 hours)

- The Mediterranean Diet
- The Ketogenic Diet
- Intermittent Fasting
- Assignment -2hr - Creating a Diet plan as per types of Diets

Module 3 (4 hours)

- Exercise and the Brain
- The Physiology of Exercise
- Cognitive Training

Reading-

https://www.physio-pedia.com/Exercise_Physiology

<http://www.lifetimetraining.co.uk/media/27400/l2-anatomy-and-physiology-for-exercise-learner-workbook-fitness-instructor-workbook-1b.pdf>

https://www.researchgate.net/publication/43349441_Cognitive_Exercise_and_Its_Role_in_Cognitive_Function_in_Older_Adults

Module -4 (4 hours)

- Impaired Brains
- Healthy Brains

Module -5 (4 hours)

- Meditation and the Brain
- The Scientific Study of Meditation

Module -6 (4 hours)

- Meditation & Brain Structure
- Meditation & Brain Activity
- Meditation, Emotions, & the Immune System
- The Benefits of Meditation

Module -7 (5 hours)

- Sleep and the Brain
- Normal Sleep Physiology
- The Biology of Waking and Sleeping
- Functions of Sleep
- Sleep Disorders and Health
- Sleep related Quizz (Submit your result)-

<https://www.webmd.com/sleep-disorders/rm-quiz-sleep> ,
<https://www.webmd.com/sleep-disorders/sleep-habits-assessment>,
https://www.rxlist.com/quiz_insomnia/quiz.htm

Module -8 (4 hours)

- Chronic Diseases and mental health,
- (Videos)
<https://www.youtube.com/watch?v=RDH9cITtkFk>,
- Assignment-
Organising seminar on chronic diseases showing charts



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<https://www.self.com/story/what-happens-to-your-body-when-you-skip-meals>

<https://www.news-medical.net/health/What-Happens-to-the-Body-When-we-Diet.aspx>

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